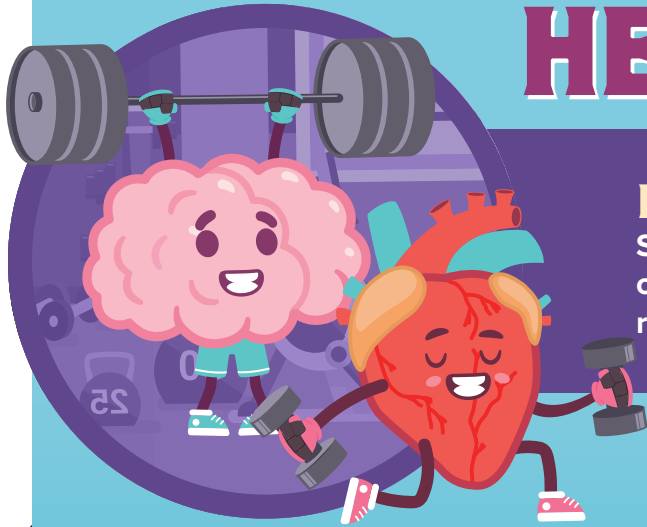


# HEALTHY BODY, HEALTHY BRAIN!



## FUEL UP RIGHT AND BREAK A SWEAT!

Studies have shown that physical activity reduces risk of cognitive decline. Participate in physical activity that raises your heart rate and increases your blood flow.

## BUTT OUT. QUIT SMOKING!

Smoking may increase your risk of cognitive decline. When you quit smoking, it can reduce your risk to levels similar to those who do not smoke.



## FOLLOW YOUR HEART!

Risk factors for heart disease and stroke, such as obesity, high blood pressure and diabetes, can negatively impact your cognitive health.

## PROTECT YOUR NOGGIN!

It is important to wear a helmet when playing contact sports or riding a bike or motorcycle. Always use seatbelts for adults and car seats or boosters to provide protection for infants and children in a crash.

